



Lateral Window Sinus Augmentation Pre-Op Instructions

- **Instructions for Over-the-Counter Medication:**
 - Purchase Afrin Nasal Spray and begin using as directed on the bottle the day prior to treatment. Use Afrin nasal spray for 2 more days after treatment.
 - Purchase an oral decongestant (Sudafed 12 hour or generic Sudafed 12 hour- it will be behind the pharmacy counter) to begin using 3 days after treatment.
 - If you have high blood pressure and cannot take normal Sudafed (which has pseudoephedrine), then purchase Sudafed with phenylephrine instead.
 - Begin taking the Sudafed every 12 hours for the next 7 days after treatment.
- **Instructions for Prescription Medication:**
 - Begin taking the oral steroid pack that has been prescribed to you the day before treatment as directed on the prescription instructions.
 - Begin taking the antibiotic that has been prescribed to you the day before treatment as well, follow instructions on the prescription bottle.
- For 2 weeks following treatment, you must not blow your nose. In addition, if you have to sneeze, you must sneeze with your mouth open. This will prevent excessive pressure from building up in your sinus cavity.

If you have any questions or concerns, call 775-322-5122